# 小学生英语演讲稿带翻译

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*Good morning, Everyone!　　早上好，大家!　　I will talk about sports. I am an active boy. I like many kinds of sports, such as w...*

　　Good morning, Everyone!

　　早上好，大家!

　　I will talk about sports. I am an active boy. I like many kinds of sports, such as walking, skating, climbing, cycling and skipping. Doing sports gives me a good health and brings me a lot of fun.

　　我将谈论体育。我是一个活泼的男孩。我喜欢很多运动，如散步，滑冰，登山，骑自行车，跳绳。做运动让我健康，给我带来了很多乐趣。

　　Now, I will tell you about my cycling sport. I often ride my bicycle when I am free. I like to ride my bicycle on a road near my house. It is an empty road. There are no cars and few people walking on the road. It is about four kilometers long. It has several long slopes. So it is very good for cycling. When I ride down the slopes, the bicycle runs very fast, and I feel I am flying. That’s a very good feeling for me. When I ride up the slopes, it is very difficult, but it is a good training for me. I always try my best to ride up as long as possible. Cycling there gives me lots of fun.

　　现在，我将告诉你关于我的自行车运动。我经常骑我的自行车在我的自由。我喜欢在我家附近的道路骑自行车。它是一个空的路。没有汽车，很少有人走在路上。这是约四公里长。它有几个很长的坡。所以它是骑自行车很好。当我骑下山坡，自行车跑得很快，我觉得我在飞翔。这对我来说是一个非常好的感觉。当我骑上斜坡，它是非常困难的，但它对我来说是一个良好的训练。我总是尽我最大的努力去骑了尽可能长的。自行车也给了我许多乐趣。

　　Everyone can get ill, but doing sports is a good doctor. I know an English saying “Exercise one hour a day, keep illness away.” My own story has proved it. I once had an illness. I had to go to see the doctors and take medicines very often. After doing sports for several years, I have recovered now.

　　每个人都会生病，但做运动是个好医生。我知道每天锻炼一小时的一句英语谚语“，让病。“我自己的故事证明了它。我曾经有过的疾病。我不得不去看医生，吃药，经常。经过几年的运动，我已经恢复了，现在。

　　Doing sports gives me a strong body and brings me lots of fun. So if you want to be strong, please do sports; if you want to enjoy a happy life, please do sports, too.

　　做运动让我强壮的身体，给我带来了很多乐趣。所以如果你想强壮，请做运动;如果你想快乐的享受生活，也请做运动。

　　Thank you

　　谢谢

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